

Cool Dell Swim & Dive Team

Online Registration Information

Welcome to the 2021 Summer Swim & Dive Season! Cool Dell will be competing in the Manuel Division of the Gateway Swimming & Diving Conference. The swim team will compete against Lake Chesterfield, Brentwood, and Cedarmill. The dive team will compete against Lindgate, MAC, and Pacific.

The complete schedule of swim and dive team events will be available on the Cool Dell Team Unify website (<https://www.teamunify.com/MemRegStart.jsp?team=recgtcd>)

Please follow these simple steps to complete your registration through Team Unify for the Cool Dell Swim & Dive Team.

1. We will be processing online payments only. Purchase Cool Dell Pool membership and pay Swim & Dive Team fees online at <http://www.cooldell.com/cdragons>.

2. **Complete Team Unify registration for Swim & Dive team at** (<https://www.teamunify.com/MemRegStart.jsp?team=recgtcd>) This registration must be completed yearly.

3. **Read** the attached **Swim & Dive Team Policies**. There will be a box to check during the online registration to show that you have read and agree to abide by the Swim & Dive Team Policies.

4. Read the attached description of work duties. Sign-ups for all work duties will be done later this spring through Team Unify, (<https://www.teamunify.com/MemRegStart.jsp?team=recgtcd>). **Work duties for this season are still being determined depending on restrictions and capacity.**

5. If your child **has a specific medical condition that the coaches should know about**, please complete, print and bring the 2021 Medical Authorization & Release Form and hand deliver to the coach at the first practice.

PLEASE NOTE: 2021 Cool Dell POOL MEMBERSHIP DUES must be paid in full in order to register for the swim and dive teams.

2021 Swim & Dive Team Fees

Registration Fees through April 30, 2021:

Swim Team per Child	\$90
Dive Team per Child	\$90

Registration Fees beginning May 1, 2021:

Swim Team per Child	\$100
Dive Team per Child	\$100

Swimmers/Divers must be registered on Team Unify, www.cooldellcdragons.com, before they can attend practice or be evaluated. No swimmer or diver can participate in team practice until all waivers are signed by a parent or guardian.

Cancellation Policy: If you decide that your child will not be able to participate on the Cool Dell Swim & Dive team, your registration fees will be refunded, less the following cancellation fees:

- Refunds processed prior to the first swim/dive meet will be charged \$10 to cover the cost of the Team Unify family registration and Paypal fees.
- No refunds will be processed after the first swim/dive meet.

If you have any specific financial or other concerns, please contact the treasurer and we will work with you.

New Swimmer Evaluations

New swimmer evaluations will be held on Friday, June 4th. **Evaluations will be held during the child's regular age group practice.** After this evaluation, the coaches will determine which practice each swimmer should attend. If a swimmer (4 – 8 years old) is not ready for the rigors of the competitive swim team, they will be recommended for group swim lessons. New swimmers ages 8 and under must be able to swim 1 length of the pool and demonstrate safety in the water. All swimmers ages 11+ must be proficient in all four strokes and be able to swim a legal 100 meter IM to be a member of the team.

Practice Expectations

As the season progresses, swimmers will be expected to swim as follows:

8 & under swimmers can expect to swim 10 – 25 lengths of the pool during practice.

9 & over swimmers can expect to swim at least 40 lengths of the pool during practice.

If you have a question about your child's skill level and participation on the swim team, please contact Coach Coleen and Coach Ted at CDSwimCoach@gmail.com .

Your age group is determined by your age on May 31, 2021. Anyone 18 or under on that date may swim in the Gateway league. **For the 2021 season only: swimmers who are 19 years of age may participate in the season if they were on the 2019 roster.**

Swim Meet Expectations

Swimmers are encouraged to compete in as many meets as possible. The Gateway Conference requires that swimmers participate in a minimum of 2 dual meets to be qualified to swim in the Conference meet. The Green & White meet counts as a dual meet. The conference swim meet is July 16th (11 and over) and July 17th (10 and under). Please put this on your calendar. We would like ALL CDragon swimmers to swim this meet and help us defend our title. **Due to Covid restrictions, meets may look very different this summer. We may have meets that are split into 2 sessions: 10 & under session and 11 & up session. At this time we are unsure about spectator restrictions/limitations. This will depend on the size of our team and county restrictions.**

Swim Practice Schedule

7:30 – 8:30am – Group 3 (swimmers age 7 – 11 who are proficient in all 4 strokes)

8:30 – 9:45am – Group 4 (swimmers age 12 & over)

9:45 – 10:30am – Group 2 (swimmers age 7 – 10 not proficient in all 4 strokes) -

10:30 – 11:15am – Group 1 (swimmers age 6 & under)

****Some 11 year olds may qualify for the Group 2 practice if they were a C-Dragon in 2019**

Late Swim Practice Schedule for Tuesdays after swim meets

(Tentatively set for Tues 6/8, Tues 6/15, Tues 6/22, Tues 6/29, Wed 7/7, Tues 7/13)

8:15 – 9:00am – Group 3

9:00 – 9:45am – Group 4

9:45 – 10:30am – Group 2

10:30 – 11:15am – Group 1

Dive Practice Schedule

**For the 2021 season, dive practices will begin Tuesday, June 1st.

During the first two weeks of the 2021 summer dive season, practices will be held in the evenings from:

4:00 – 5:00, 5:00 - 6:00, or 6:00-7:00, your choice.

After these 2 weeks, divers can attend any of the following three practice times:

1. 7:30 – 8:30 am
2. 8:30 – 9:30 am
3. 9:30 – 10:30 am

“Group 4” swimmers who need to dive at the 9:30 dive practice can leave swim practice 15 minutes early to dive. Please do not be late.

There is NO late practice schedule for the Dive team on Tuesdays following a swim meet. We will follow our normal practice schedule.

Special Announcements & Events

- **NEW PARENT MEETING** will be on Sunday, April 25th at Cool Dell at 2:00pm. New parents are strongly encouraged to attend and existing parents are welcome. Join us for some snacks, and bring your laptop for Team Unify training, as well as new parent orientation. Swim & Dive coaches and board members will be available to answer questions.
- **TEAM MEETING, INDIVIDUAL PICTURES AND TRAIN YOUR C-DRAGON** is tentatively scheduled for Tuesday, June 22nd. The events of this day will be determined based on the restrictions in place at that time.
- **MORNING TEAM PARTY** may look different this year, but something fun will be planned at a future time.
- **AWARDS BANQUET:** Date and location TBD
- **TEAM SUITS** are available for purchase at B&B Aquatics for the 2021 summer season. We will be keeping the same style suit, black with green trim and optional COOL DELL embroidery. Please submit orders by May 5th if you would like the embroidery. B&B Aquatics in Des Peres, 1163 Colonnade Center (Off Manchester Road, just east of Ballas), 314-821-7946, www.bbaquatics.com

2021 Swim and Dive Team Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
JUNE						
30	31	1	2	3	4 1st day of practice/ evaluations	5 Possible swim practice
6 Possible swim practice	7 Swim: Green and White Meet @ Cool Dell at TBD	8	9 Dive: Judging Clinic @ Cool Dell at 5:30	10	11	12 Dive: Green & White Meet
13	14 Swim: Tri-meet: Cool Dell, Cedarmill @ Brentwood at TBD	15	16	17	18	19 Dive: Lindgate @ Cool Dell
20	21 Swim: Cedarmill @ Cool Dell at TBD	22 Team Picture/Train your C-Dragon	23	24	25	26 Dive: Cool Dell @ MAC
27	28 Swim: Lake Chesterfield @ Cool Dell at TBD	29	30			
JULY						
				1	2	3
4	5	6 Swim: Cool Dell @ Brentwood at TBD	7	8	9	10 Dive: Cool Dell @ Pacific
11	12 Swim: Cool Dell @ Cedarmill at TBD	13	14	15	16 Swim: Conference Meet-11 & older @ Cool Dell	17 Swim: Conference Meet – 10 & Under @ Cedarmill

Dive: Conference @ Cool Dell	18	19				
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2021 Cool Dell Swim & Dive Team Policies

Work Assignment Policy: Swim meets cannot happen without parent participation! Each family is required to fulfill at least **THREE** work assignments during the season and one conference duty.

We ask that all families sign up for their work duties by **June 5th**. If you have any questions or issues, please contact the volunteer coordinator. Any family not signed up for their three work duties by this date will have them assigned.

Any missed work duty will incur a \$100 fine per instance. In the case of a missed work duty, the family swimmers will not be allowed to participate in a swim meet until the fine is paid.

IF YOU HAVE ISSUES SIGNING UP FOR WORK DUTIES, PLEASE CONTACT THE VOLUNTEER COORDINATOR (cdswimvolunteers@gmail.com).

Additional policies include:

- If you cannot fulfill an assigned work duty, it is your responsibility to find a suitable replacement.
- For the Green and White Meet, families can sign up for only one work duty.
- Families with swimmers 10 & U **MUST** work at least one (1) bullpen duty during the regular season.
- Each family with conference swimmers must work one shift at conference meets.

Rainout Policy: If an event is rained out your work assignment must be made up when the event is rescheduled. If you are not available to work at the rescheduled swim or dive event, **it is your responsibility to find an individual to work for you and notify the Volunteer Coordinator of your replacement.** If the event is not rescheduled, the work assignment is counted toward your total number of required work assignments.

Alcohol Policy: While alcohol is allowed on Cool Dell property, **drinking of alcoholic beverages is prohibited by any meet worker or board member during any sanctioned event.** If you choose to split a work assignment with your spouse, both parents are prohibited from drinking alcoholic beverages during the meet. If you are not working and choose to drink, please drink responsibly.

Single Division Participation Policy: Swimmers and Divers may only participate on one Gateway League team. If our team fails to comply with this rule, we will be fined \$500.00 and disqualified from participation in the Division 1 Championship Meet.

Sportsmanship Policy: Cool Dell Swim & Dive Teams take great pride in our promotion of team unity, individual accomplishment and good sportsmanship. Unsportsmanlike conduct by any adult or child is strictly prohibited. This includes any behavior (verbal or physical) that could be considered inappropriate. Possible consequences include individual and/or team fines and suspension from future Cool Dell or Gateway League events.

Post-Meet Celebrations: Jumping into the pool or throwing people into the pool after the completion of a meet is not permitted by the Gateway League for safety reasons.

Gateway League Fines: Any athlete or parent who violates a Gateway policy which results in a fine to Cool Dell will be responsible for reimbursing Cool Dell for that fine.

Cool Dell Swim Meet Work Assignments

All Meet Workers Check-In With Volunteer Coordinator 30 Minutes Prior To Meet

***Job duties are subject to modifications based on Covid restrictions**

ANNOUNCER: (1-Home only)

Make all announcements necessary for the running of the meet. Once the meet has started, the announcer calls each heat to the blocks and announces the heat that is on deck. He/she announces pool records and the meet score periodically. Make any other announcements, i.e. parking in fire lane, inclement weather instructions, as necessary.

HOSPITALITY/CLEAN-UP: (1-Home only)

The hospitality worker distributes ice water to the workers on the pool deck and coaches during the meet. The hospitality worker is responsible for cleaning up their work area in the concession stand and assisting the Safety Marshall in cleanup of the pool and bullpen after the meet is over. Cool Dell will provide 2 large water dispensers to help distribute water to other meet workers.

CARD JUDGE: (1-Home / 1-Away)

The Card Judge sits at designated table and circles the official time on each card for each swimmer in each heat. The official time is the intermediate time if three times are listed on the card, or the average time rounded to the nearest one-hundredth if only two times are available. The Card Judge then puts the cards in order from fastest to slowest, with DQ's at the end. Next, mark the place on the card in the box marked "place" (the cards will be ranked 1-6 or marked DQ). The Card Judge then gives the Scorekeeper the heat 1 cards. The remaining cards need to be divided by team and given to the corresponding Ribbon Writers.

BULLPEN: (9-Home/ 9-Away)

The BULLPEN is the area where swimmers stay during the meet when they are not competing. Our bullpen is usually located outside the fence area on the south side of our pool. Swimmers sit by age group and bullpen workers line up the swimmers prior to their events. Bullpen workers sign up for a specific age group and work with these swimmers throughout the meet. Choosing your child's age group is a great way to get to know her/his teammates.

Team Area: Team Area workers are assigned to help the coaches get the Cool Dell swimmers to the Staging Area (chairs) for each event.

Staging Area: Staging Area workers are assigned to help the Cool Dell swimmers get into the Staging Area chairs corresponding to their assigned swimming lane/heat and then to the blocks for each event. No more than 3 events should be behind the blocks.

LANE LOADER: (3-Home/ 3-Away)

A Lane Loader will be assigned to each Cool Dell lane at both home and away meets. This worker will be given a heat sheet prior to the start of the meet and it is the Lane Loader's responsibility to check each swimmer in the lane before the each event to make sure the correct person is swimming.

CARD RUNNER: (1-Home)

After each event, the Card Runner picks up the Timer sheet from the timers in each lane, orders them in heat/lane order, and takes them to the designated Card Judge table. Also pick up DQ sheets from the starter assistant after each event.

STARTER ASSISTANT: (1-Home only)

The Starter Assistant assists the Starter during the meet by keeping track of events/heats from master heat sheet, writing down place picks for A heats, filling out DQ slips, and any other tasks the starter may request.

TIMER: (10-Home/ 10-Away)

There will be a total of three timers per lane. On the home team lanes there should be two visiting team timers and one Cool Dell Timer. On the visiting team lanes there should be two Cool Dell Timers and one visiting team timer. In the Cool Dell lanes, the Cool Dell timer will record the times on the timer sheets from all of the timers in that lane if there is no lane writer assigned. If a swimmer is disqualified the recorder needs to designate DQ on the timer sheet. Start the watch the instant of the flash. After the race has begun, check your watch to make sure that it is running. If your watch is not working, immediately call for an Alternate Timer. Even if you do not have a swimmer in your lane, it is important to start your watch in case another timer has missed the start of the race. Stop your watch when the swimmer touches the wall. For an accurate time you must be at the edge of the pool looking directly down at the wall. Check the swimmer's name on the card. Watch the Starter during the race as he/she will indicate which lanes have been disqualified. Clear your watch before the start of the next race.

PARKING LOT – SET UP/SECURITY/CLEAN UP: (2-Home only) **Must be available beginning at 4:00pm.** The parking lot workers direct traffic in the lot between 4:00 and 6:00pm and periodically check the parking lot to make sure that cars are not parked in the Fire Lanes or the NO PARKING areas. The license numbers of any illegally parked cars need to be given to the Announcer. The parking lot must be checked at least every 30 minutes. Cool Dell Court needs to be checked occasionally. At about 8:00, the parking lot workers will collect the NO PARKING signs and cones in the parking lot and return them to the storeroom. Parking lot workers will clean up any trash left in the parking lot and report to the meet director before leaving for the evening.

COMPUTER INPUT: (1-Home / 1-Away)

The Computer Input worker inputs times and places from the timer sheets into a computer program using the swim team's laptop. The process is similar to entering numbers into a spreadsheet.

SAFETY MARSHALL/CLEAN-UP: (1 – Home) – “The person wearing the orange vest”. Must be present @ 4:30 for start of warm-ups and stay afterwards to assist in clean-up of pool deck and bullpen area. Safety Marshall is responsible for monitoring pool deck to ensure safety, checking bathrooms, and making sure swimmers are demonstrating safe behavior-no running, no horseplay, and no playing on volleyball court. Also, watch for unsafe conditions- no glass allowed on pool deck. If someone is hurt or in need of medical assistance, lifeguards are on duty and are also responsible for incident reports on all reported injuries.

CONCESSION WORKER: (4-Home only)

The duties will consist of setting up the concession stand before the meet and breaking down and cleaning up after the meet. During the meet, the duties will consist of helping sell food & drinks. Additionally, one or two individuals will be responsible for calculating the food/drink totals, taking the money and making change.

2021 Cool Dell Swim & Dive Team Medical Authorization & Release Form
(ONLY complete this form if you have special concerns that should be brought to the attention of the coaches)

Child's Name (1): _____ DOB: ____/____/____

Child's Name (2): _____ DOB: ____/____/____

Child's Name (3): _____ DOB: ____/____/____

Please list additional children, date of birth, and medical information on the back.

Parent's Name		Home Phone:	()
		Work Phone:	()
		Cell Phone:	()
Parent's Name		Home Phone:	()
		Work Phone:	()
		Cell Phone:	()
Emergency	1.	Phone:	()
Contacts:	2.	Phone:	()
Physician:		Phone:	()
Dentist:		Phone:	()
Preferred Hospital:			
Medical Insurance:		Policy/Group No:	

	Child #1 Yes/No	Child #2 Yes/No	Child #3 Yes/No	If YES, please describe.
Physical Disability?				
Chronic Illness?				
Convulsions/Seizures?				
Allergies?				
Other Medical Issues?				
Are you presently under a doctor's care?				
Regularly take any medications?				
Date of last Tetanus shot				

CONSENT AND MEDICAL AUTHORIZATION: I, the undersigned, hereby give my consent for the above swimmer to represent COOL DELL SWIM & DIVE TEAM in swimming and diving activities. If I cannot be reached in the event of an emergency, I also give consent for the team coach or representative to obtain through a physician, dentist or hospital of its choice, such medical care as is reasonably necessary for the welfare of the swimmer or diver. If he/she is injured in the course of swim and/or dive team activities, I also guarantee payment of all charges incurred during this medical treatment (physician, dentist, hospital, x-ray, lab, drugs, ambulances, etc.).

RELEASE: I, the undersigned, acting as parent and /or guardian for the above child understand the potential danger involved in swimming and diving activities including, but not limited to, head first entry into a swimming pool from starting blocks or a diving board. I further understand that team practices or events have designated times before and after which it is my responsibility to pick up or supervise my child. I acknowledge all risks inherent with the COOL DELL SWIM & DIVE TEAM, agree to assume all risks and as a condition of my child's participation, waive and release any and all rights to claims for loss or damages, including all claims based on negligence, (active or passive) of COOL DELL SWIM & DIVE TEAM BOARD, COOL DELL CLUB, INC., the Board of Directors of COOL DELL CLUB, INC., coaches, officials, employees or others involved in swim and dive team activities.

Parent/Guardian Signature: _____ **Date:** _____

2021 Cool Dell Swim & Dive Team Board & Coaches

Position	Name	Phone	Email Address
Swim Team Parent Rep	Melissa Matheny	(314) 471-6530	cdswimparentrep@gmail.com
Dive Team Parent Rep	Erika Irace Nicole Tessier	(314) 795-3705	evirace@hotmail.com tessiern1@gmail.com
Treasurer	Abby Sapp	(314) 495-5587	cdswimtreasurer@gmail.com
Volunteer Coordinator	Meghan Green Beth Henderson	(314) 304-7093 (314) 807-1415	cdswimvolunteers@gmail.com
Meet Director	Kathy Tisone	(314) 484-9220	cdmeetdirector@gmail.com
Computer	Jenn Christofferson	(314) 605-0418	cdswimcomputer@gmail.com
Concessions	Michael Wardlaw	(314) 914-0840	cdswimconcessions@gmail.com
Spiritwear	Christina Weyers Christy Potthast		cdswimspiritwear@gmail.com
Awards	Ellen Fitch Julie Schloss	(314) 691-7654	cdswimawards@gmail.com
Communication	Katie Shaffer	(314) 960-8803	cdswimcomms@gmail.com
Special Events			cdswimevents@gmail.com
Co-Head Swim Coach	Ted Faulhaber	(314) 909-7171	cdswimcoach@gmail.com
Co-Head Swim Coach	Coleen Sumner	(636) 391-2062	cdswimcoach@gmail.com
Asst. Swim Coach	Kelsey Calhoun	(314) 570-0406	cdswimcoach@gmail.com
Head Dive Coach	Brian Faddis	(636) 227-2899	cddivecoach@gmail.com
Cool Dell President	Dan Kraus	(314) 605-3579	president@cooldell.com